

Department of Recreation and Youth Services



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CALENDAR UPDATE



Robert J. Duffy, Mayor
City of Rochester, NY

JULY 14, 2006

Media contact: Grace Girsch, 585-428-6026

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Does your mailing label need to be updated? Call or e-mail Grace Girsch as noted above. You may subscribe to this Calendar Update as an Adobe Acrobat PDF version by going to:

<http://www.cityofrochester.gov/is/EmailListManager/subscribe-multi.cfm>

Visit us on the City of Rochester WEB site at: **www.cityofrochester.gov**. (Click on the smiling sun for fun! or search for your topic under news releases). For Flower City Looking Good Gardening/Environmental Programs:

www.democratandchronicle.com/ads/flowercity/2006. Special Events Line: 585-428-6697; Recreation Events Line: **585-428-6767**. Ontario Beach Park Events: 585-865-3320.

CITY POOLS TO EXTEND HOURS

The hours at several City-operated swimming pools and spray parks have been extended due to the County Health Dept. Water Advisory and the anticipated high temperatures.

The following aquatic facilities will be open 11:30 a.m. to 8 p.m., Sat., July 15 and 1 p.m.–6 p.m., Sun., July 16:

Avenue D Pool, 200 Avenue D, 428-7934; Carter Street Spray Park, 500 Carter St., 428-7890; Flint Street Pool, 271 Flint St., 428-7001; Fourth and Peck Spray Park, Fourth St., 428-7888; Humboldt Spray Park, 1045 Atlantic Ave., 428-7294; North Street Pool, 700 North St., 428-7149; Webster Avenue Pool, 530 Webster Ave., 428-7828. Use of the above facilities is free of charge to the public.

The Genesee Valley Pool, 131 Elmwood Ave., 428-7888, will be open this Sat. and Sun., 10 a.m. to 9:30 p.m. Admission is \$2.00 for adults and 75 cents for youth.

Participants for pool use must have proper bathing attire. All spray parks use fresh water only. For further information, call 428-7888.

'DISCOVER OUR TREASURES' THEME FOR CITY RECREATION

7TH ANNUAL DOWNTOWN 'MAIN GAME', SAT., JULY 22

(Kick-off at 12 noon at the festival site; parade canceled)

City Recreation invites youth and their families to "Discover Our Treasures!" at the Seventh Annual MAIN GAME, 12 noon to 6 p.m., Sat., July 22. This year's MAIN GAME will focus on sharing the "treasures" that await youth throughout the city within some 30 recreation and community centers—including hundreds of FREE fun activities and opportunities to build lasting friendships, gain youth leadership skills, interact with dedicated adult recreation professionals, participate in special skill and asset-building programs and engage in other positive life-altering experiences and challenges. Over 5,000 youth and their families attended Main Game last summer.

A parade, originally slated to leave from the Liberty Pole, has been canceled.

The event will transform Main St. from State St. to Plymouth Ave. into a giant one-stop recreation extravaganza, offering an outdoor "preview" sampler of award-winning activities in gardening, dance, step, tennis, basketball, martial arts and more—all of which flourish daily, along with many other family activities at City recreation/community centers.

Festival-goers will be able to sample the vast array of programs sponsored daily inside recreation and community centers, when they're moved out of the buildings and under the summer sky along Main Street. Booths will feature various community and recreation centers and will give the public an opportunity to meet staff and learn about their neighborhood center.

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Each of the following recreation/community centers that serve Rochester youth will set up a booth to highlight programs: Adams St., Ave. D., Campbell St., Carter St., Edgerton, Charlotte, Flint St., Webster, Humboldt, North St., South Ave. South West Area Neighborhoods (SWAN), Clinton-Baden, and Community Place of Greater Rochester. Pathways for Peace and Food Link will also staff booths. Festival-goers will thrill to the fourth annual **2006 Main Game Youth Invitational Basketball Challenge**, when youth league all-star basketball players, from Rochester and Syracuse sizzle at the hoops on courts located near the Plymouth side of the festival site.

12:30 p.m.–1:30 p.m.	ALL-STAR BOYS BASKETBALL GAME (All-stars from Syracuse Boys & Girls Clubs vs. City Recreation All-Star Players)
2 p.m.–4 p.m.	2-BALL HOT SHOT COMPETITION open to the public (sign up at the festival, two age categories, 6-13 & 14 & over; trophies to be awarded)
4 p.m.–6:30 p.m.	ALL-STAR GIRLS' BASKETBALL GAME —Syracuse girl all-stars vs. winners of the City Recreation Girls' City-Wide Basketball Playoffs

Martial Arts and boxing demonstrations (both taught at City recreation centers) will also take place near the State St. side of the festival site.

12:30 p.m.–1:15 p.m.	Students and instructors of Shian Mike Monaco's Kyokushin-Kai Karate program demonstrate their skills
1:15 p.m.–2 p.m.	Medieval Dancers and Fighters
2 p.m.–4 p.m.	Boxing exhibition by members of Rochester-area amateur boxing clubs including those from City Recreation centers at Avenue D , Clinton-Baden Street and North Street.

An entertainment stage with music from Rap to Latin will showcase youth talent from the centers.

MAIN GAME STAGE PERFORMERS

12:45–1:30 p.m.	Black August (Band)	4:20–4:25 p.m.	Something Special (Dance Group)
1:45–2 p.m.	Street Squad (Dance/Singing Group)	4:25–4:35 p.m.	June (Singer)
2–3 p.m.	Freestyle Battle	4:35–4:40 p.m.	Reloaded (Dance Group)
3–3:10 p.m.	Sisters In-Control (Dance Group)	4:40–4:55 p.m.	2005 Freestyle Battle Winner 40 Kel (Rapper)
3:25–3:55 p.m.	The Band: Latin Vibes		
4:10–4:20 p.m.	Timmy Mitchum (singer)	5–5:30 p.m.	Freestyle Battle Final Four

The popular model railroading display from the historic Edgerton Train Room at the City's Edgerton Community Center, 41 Backus Street, will be a part of the event along with arts & crafts activities, board games and other recreation center activities.

From center stage, finalists will also face off in a "Blazin' Freestyle Battle" for ages 14-18 to win prizes and recognition. (One final audition will be held 7-8:30 p.m., July 17 at In-Control, 470 W. Main St. Cash prizes will be given to "freestyle" finalists.

Selected finalists will be required to complete a participation form with the signature of a parent or guardian and proof of age. For more information, please call 428-7294. Interested participants may also e-mail the committee at **Blazinmc2006@hotmail.com** for guidelines. The use of profanity or sexually-explicit lyrics will disqualify a participant.

Booths and demonstrations will highlight the diverse athletic, cultural, asset-building and social activities found at City recreation centers, such as environmental and nature projects and Kidtech, the City's computer program for youth. Visitors may test their skills in basketball, football and softball throwing accuracy.

Refreshments for purchase will include barbeque, frozen treats, salt potatoes, pizza, steak sandwiches, and other summertime favorites such as hots and hamburgers. Face-painting, juggling, a dunking booth and inflatable play structures are also part of this ideal summertime family festival.

As if all that weren't enough, popular strolling entertainers (buskers) such as Airplay, father and son team of jugglers and unicycle riders will be walking through the crowds from 1 to 2 pm; Just Clowning Around, a well-known Rochester clown and juggler will entertain from 2 to 4 pm; and juggler Spencer Christiano will keep festival-goers amazed from 2 to 5 p.m.

Tree climbing demonstrations will be given by the City's Forestry Division and fire prevention demonstrations by the City's Fire Dept.

Free prizes will be announced from the stage throughout the event to those who submit a "Main Game" prize ticket at the information booth on-site. Get tickets at one of the participating centers. Prizes will also be awarded during game competitions and announced from the Main Game Entertainment Stage.

Call the taped recreation information line at **428-6767** for more "Main Game" details or call your neighborhood center. The Main Game is sponsored by WDKX, In-Control, Embellish and the City of Rochester.

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(EDITORS NOTE: MANY PHOTO OPPORTUNITIES OF YOUTH ENGAGED IN POSITIVE ACTIVITIES)

**CITY'S SUMMER RECREATION PROGRAM CONTINUES WITH
HUNDREDS OF ACTIVITIES FOR YOUTH**

Whether baseball or broadcasting; swimming or photography, thousands of City youth are engaged this summer in positive activities that are both fun and educational at 33 City Recreation locations. Summer program end dates will vary, but will generally conclude on either **Aug. 18 or Sept. 2.**

Hundreds of activities (most free), from sports programs and leagues to cultural and social events, are offered to city youth and adults. The summer program expands the regular after-school recreational program with many seasonal satellite sites and fills a day-long schedule (generally 9 a.m.-5 p.m. or 10 a.m.-6 p.m.) for ages six and over. Nine sites will continue to operate on Saturdays: Adams St., Avenue D, Campbell St., Carter St., Edgerton, Flint St., North St., South Ave. and Webster Ave. Free lunches are also provided at most sites through the federally-funded summer food program.

For those looking to keep cool this summer, the City has 13 aquatic locations, including six indoor pools, four outdoor, in-ground pools, one smaller above-ground pool and two water spray play areas. Nine locations provide free swim lessons for ages 6-14. Most pools will be open to the public through August 18 and will be closed (except GVP Pool) for Main Game, the City's major outdoor recreation event on Main Street, Sat., July 22. The Olympic-sized pool at the Genesee Valley Park Sports Complex, will be open through, Fri., Sept. 8. Call 428-7888 for a complete schedule and listing of swimming programs offered. A responsible adult must accompany (and stay with) children under six.

The City's Bureau of Recreation offers primarily drop-in programming and participants are free to come and go at any time. Recreation staff is not authorized to keep participants on the premises for any drop-in program. Some field trips and adult leagues require fees. For more information on recreation sites or programs, pools, tennis or basketball courts, playgrounds and other facilities, or about rental of meeting rooms, gyms, swimming pools, ice rinks or athletic fields, patrons may call their neighborhood city recreation center as listed in the Frontier Telephone Directory, page 46, for complete summer schedules or visit www.cityofrochester.gov (click on the smiling sun) or check out news releases. For general information call the Bureau of Recreation at 428-6755.

A SUMMER SAMPLER:

****TWO NEW CAMPS FOR AGES 7-13** : EDISON Tech Sports Camp**, 655 Colfax St. and the **Roger Robach Community Center Arts Camp** at Ontario Beach Park. Fee: \$50 per week. Camps are held each week, 9 am-5 pm through Aug. 18. Advance registration require. Free transportation is provided from four sites: Harriet Tubman Community Center, 100 William Warfield St.; Seneca Manor, 97 Seneca Manor Dr.; Adams Street Community Center, 85 Adams St.; and Danforth Community Center, 200 West Ave. Interested individuals may call 428-7371 for further information.

EDGERTON COMMUNITY CENTER, 41 BACKUS ST., CALL 428-6769 FOR MORE INFORMATION.

Bart & Kevin's Radio Broadcasting Program, 1 p.m.-2:15 p.m., Through-Aug. 14, Mon. Join a fascinating FREE 8-session program about radio broadcasting. Youth ages 6-16 can create, produce and record your own radio show. Learn how to produce and use sound effects and audio clips. Gain skills on the use of a multimedia workstation provided by Art & Kevin. Make a finished, digitally-mastered CD of your projects.

Summer Comedy and Theater Camp, 10 a.m.-11:30 a.m., through-Aug. 2, Mon. & Wed. Youth ages 8-14 can practice their jokes on the funny-bones of other participants during this 4-week program. Participants will learn how to humor their audiences, as well as how to audition, develop a character, apply makeup and write and perform skits. Sessions will include theater games, exercise on how to focus as well as monologue and skit preparation and performance.

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EDGERTON CONTINUED:

Night out Against Crime', 12 noon-7:30 p.m., Mon., July 31. Rochester youth and families are invited to celebrate "A Night Out Against Crime." The event includes a visit from Music with Ester, amusement rides, a talent show and a concluding parade to High Falls (Parade begins at Susan B. Anthony House, 17 Madison St., 5-7:30 p.m.).

Computer Club for Ages 7-14. Camp: July 24-28. A one-week camp, 10 a.m.-12 noon, Mon.-Thurs. These FREE classes will focus on developing skills in computer and web searching about history, sports and entertainment.

CAMPBELL STREET COMMUNITY CENTER, 524 Campbell Street, 428-7860

A FREE Youth Ceramics Program for ages 10-14 will be offered 3-4:30 p.m., Mon. and Wed., through August 16. Youth will learn the basics of ceramics using different techniques. Projects will be made to keep and to display.

NORTH STREET COMMUNITY CENTER, 700 North Street, 428-7149.

"First Annual Silly Summer Olympics" for ages 14 and under will be hosted from 2-5 p.m., Fri., July 21 at the North Street athletic field. A day fun-filled with silly athletics, games and competitions. Compete in potato-sack races, wheel barrow races, egg relays and a host of other fantastic events.

A "Dirtbowl Tournament" will be held 4 p.m.-7 p.m., Fri., Aug. 4, 11 and 18. An exciting three-day Flag Football tournament for youth 12 and under. Single elimination; five offense and five defensive players on the field; 10-person roster. Championship Day will be held Aug. 18. Register at North Street.

End of Summer Festival, 1 p.m.-5 p.m., Thurs., Aug. 17. Family picnic, carnival, games and music.

Idol Talent Show, 3 p.m.-5 p.m., Fri., Aug. 17. A community talent show highlighting musical and dance talent of young men and women, ages 12-16.

CARTER STREET COMMUNITY CENTER, 500 Carter Street, 428-7890.

Cross-cultural Photography Exchange, 2:30 p.m.-4 p.m., Through-Aug. 16. Ages 10-14 will enjoy this cross-cultural photography exchange between Rochester's City recreation youth and the youth of Hialeah, Florida. Recreation participants in both cities will complete various photography projects and then exchange them with each other. Activities will focus on local history, local culture as well as other educational/artistic endeavors.

GENESEE VALLEY COMPLEX SPORTS A NEW FLOOR

The Genesee Valley Sports Complex, 131 Elmwood Avenue, now has available a new sports floor for a variety of team play. Teams and individuals are needed for leagues and open play in Dodgeball, Soccer, Basketball, Floor Hockey and Roller Hockey. For more information, call 428-7888.

FINAL CALL FOR AUDITIONS TO 'BLAZIN' FREESTYLE BATTLE

Rochester teens ages 14-18 are invited to participate in the **final** audition to determine semi-finalists in the "*Blazin' Free Style Battle*." Semi-finalists will compete for cash and merchandise prizes during the **Seventh Annual Main Game** event to be held on July 22, which attracted over 5,000 youth and their families last year. "City recreation seeks to provide youth with many avenues for expression, ways to tell their story and share their perspectives with authentic voices, such as with free form, improvisational lyrics. This second annual 'Blazin' Freestyle Battle,' provides such an opportunity," said Tony Jordan, City recreation area manager. The final in a series of four auditions will be held: 7 - 8:30 p.m., Mon., **July 17**, In-Control, 470 W. Main St. Selected finalists will be required to complete a participation form with the signature of a parent or guardian and proof of age. For more information, please call **428-7294**. Interested participants may also e-mail the committee at Blazinmc2006@hotmail.com for guidelines. The use of profanity or sexually-explicit lyrics will disqualify a participant.

City of Rochester Summer Pool Listing

Indoor Pools are open June 26 - August 18 (closed Aug. 5) and feature **free Summer Swim Academy lessons**, 9:30 a.m. - 12 noon, Mon.–Thurs. (pre-enrollment required); **Adult Lap Swim** (18 and over), 12 Noon - 1 p.m., Mon.–Fri.; **Parent and Child Swim** (ages 1 - 4), 12 noon - 1 p.m., Mon.–Fri. (One youngster with one parent. Flotation devices are allowed for this program); and **Open Swim**, 1 - 4 p.m., Mon.–Fri. at the following pools:

- Benjamin Franklin High School Pool**, 950 Norton St., (back entrance), 428-6755
- Charlotte High School Pool**, 4115 Lake Ave., (Atwell St. entrance), 428-7888
- Frederick Douglass Preparatory School Pool**, 940 Fernwood Ave., 428-7888
- James Monroe High School Pool**, 164 Alexander St., (Pearl St. entrance), 428-6755
- John Marshall High School Pool**, 180 Ridgeway Ave. 428-6755
- Southwest Community Center at Wilson Foundation Academy at James Madison**, 200 Genesee St. (SWAN entrance), 428-6755

The Clinton-Baden Community Center, 458 N. Clinton Ave., also has an indoor pool with its own schedule of activities. Call 325-4910 for a schedule.

The outdoor, in-ground pool located at Genesee Valley Park, 131 Elmwood Ave., will offer free “Summer Swim Academy” lessons; Mom & Tot Swim (free); Adult Lap Swim; and Open Swim. Fee: \$2, adults; 75 cents, under 18; Senior Good Times Pass holders, \$1; Season Pass, \$25, Annual All Pool Pass \$50. June 19 - Sept. 8 (closed August 4 until 5 p.m.) Call 428-7889, for schedule.

The Avenue D Community Center’s outdoor, in-ground pool at 200 Avenue D, has free “Summer Swim Academy” lessons (Mon. - Thurs.) and Open Swim (Mon. - Sat.), June 26 - August 18 (closed July 4, July 22 and August 4). Call 428-7934 for schedule.

The Flint Street Community Center outdoor, in-ground pool at 271 Flint St., has free “Summer Swim Academy” lessons (Mon. - Thurs.) and Open Swim (Mon. - Sat.). June 26 - August 18 (closed July 4, July 22 and August 4). Call 428-7001 for schedule.

North Street Community Center Pool, 700 North St., has free Open Swim. Call 428-7149 for schedule.

Webster Avenue Community Center, 530 Webster Ave., has an **above ground pool** which is open June 26 - August 18 (closed July 4, July 22 and August 4). Call 428-7828.

Water spray play areas are located at Carter Street Community Center, 500 Carter St., 428-7890 and Humboldt Recreation Center, 1045 Atlantic Ave., 428-7294.

The Adams Street Community Center Pool, 85 Adams St., will be closed for the season, June 19 - Aug. 26, for renovations.

LEARN TO SWIM FOR FREE AT THE CITY'S SUMMER SWIM ACADEMY

The City's "**Summer Swim Academy**," enters its seventh year of providing **FREE** swim lessons for ages 6-14. Beginners and capable swimmers alike can earn Red Cross certification at nine locations.

The Swim Academy FINAL sessions begins **July 31 through Aug. 17** (closed August 4). Registration forms may be obtained at all City recreation centers and libraries. Call 428-6755 for more information or a registration form. Registration is limited and classes will be filled on a first-come, first-served basis for both mail-in and drop-in registrations. Individuals may sign up for only one class.

The following locations offer Red Cross proficiency levels one through six with mail-in and drop-in enrollment:

Benjamin Franklin High School, 950 Norton St., 428-6755 or 428-7888;
Charlotte High School, 4115 Lake Ave., 428-6755 or 428-7888;
Frederick Douglass High School, 940 Fernwood Park, 428-6755 or 428-7888;
Genesee Valley Park, 131 Elmwood Ave., 428-7888;
James Monroe High School, 164 Alexander St. (Pearl St. entrance), 428-6755 or 428-7888;
John Marshall High School, 180 Ridgeway Ave., 428-6755 or 428-7888;
Wilson Foundation Academy at Madison, 200 Genesee St. 428-6755 or 428-7888.

Two additional locations will offer Level one and Level two proficiency

Avenue D Community Center, 200 Ave. D, 428-7934;
Flint Street Community Center, 271 Flint Street, 428-7001

The 30-minute lessons will take place from 9:30 a.m.–12 noon, Mon.- Thurs. An end-of-session "swim academy graduation" will recognize participants for their level(s) of achievement. Levels offered in the program will include: Recruits: Level I: (Water Exploration): No previous instruction; cannot swim; Seamates: Level II: (Primary Skills): Floats and puts face into water; Boatswains: Level III (Stroke Readiness): Dives into deep water and swims 25 yards; Navigators: Level IV: (Stroke Development): Swims 25 yards crawl and elementary backstroke; Skippers: Level V: (Stroke Refinement): Swims 50 yards front and back crawl; Commanders: Level VI: (Skill Proficiency): Swims 100 yards front and back crawl. Call 428-6755 or 428-7888 for more details about the "Summer Swim Academy." Taped information is available by calling 428-6767. Learn more about City recreation programs by going to: www.cityofrochester.gov and click on the smiling parks & recreation sun.

SWING TENNIS ACADEMY AND CITY OFFER TENNIS PROGRAM: NEW SESSIONS BEGIN IN JULY

Swing Tennis Academy & the City's Division of Recreation are joining forces to offer professional tennis instruction, supervised match play for ages 18 & over and two new summer tennis leagues, one for adults and another for ages 13-17. Instruction will be under the direction of well-known Rochester tennis professional Curtis Carter. Curtis has been an instructor locally and on a national level for over 20 years.

TENNIS LESSONS FOR ADULTS AGES 18 AND OVER. Outdoor 90-minute classes for ages 18 and over are being offered at beginner and competitive levels at Cobb's Hill and Genesee Valley Parks. Sessions are offered mornings, evening and weekends to accommodate busy schedules. Enrollment is by session and costs vary from \$60-\$120 per session, averaging about \$10 per 90-minute class. City residents age 60 and over can use their "Good Times Pass" for a 50% discount on this program. Session 3 will be held July 30 through Aug. 25.

JUNIOR TENNIS LEAGUE, AGES 13-17. An all-new Junior Tennis League for ages 13-17 will be offered at Cobb's Hill Park, Mon.–Fri., for five, two-week sessions. The fee is \$90 for each five-day, two-week session. Session 3 begins July 10 - 21; Session 4, July 24 - Aug. 4; Session 5, Aug. 7 - 18.

ADULT COMPETITIVE CHALLENGE LEAGUE. Also new this summer will be a 12-week, Adult Competitive Challenge League for intermediate and advanced level players. A \$35 registration fee is required. Players will be assigned two matches per week to be completed by the end of the week. Players will arrange matches via phone pool. Beginner Level players are identified as those having no prior instruction or organized match play experience, or those who need refresher course on the basics. Competitive Level players are those with some prior instruction or league and match play and who know fundamentals and basic rules. A limited number of loaner rackets are available. Although league play has begun, interested individuals may call for further information for future leagues.

Pre-registration is required. Call the Division of Recreation at 428-6755 for days and times or visit 400 Dewey Ave., 9 a.m. - 5 p.m., Mon.-Fri.

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FREE BUSINESS CAMP FOR YOUTH

A **FREE** BizKid\$ camp will be held for City residents ages 10 - 13 from 9 a.m. until 4:30 p.m., Mon. - Fri., July 31 through August 4 at the Genesee Valley Park Field House, 1316 Genesee St. The registration deadline is July 20 and spaces are on a first come first serve basis. Sponsored and organized by the City's Division of Recreation, the Biz Kid\$ camp provides youth with an opportunity to explore entrepreneurship through fun, fast-paced games and activities. In developing a real business plan, they learn how to look and act professional, plan time, manage money, promote a business and plan for the future. Participants receive such free equipment as business cards, a canvas briefcase, calculator and receipt book to help them start and maintain their businesses and a chance to win CASH prizes at the completion of camp. Call the City Division of Recreation at **428-7371** to request a registration packet.

FLOWER CITY LOOKING GOOD PROGRAM FOR GARDENERS AND ENVIRONMENTALISTS CONTINUES WITH "TUESDAY NATURE NIGHTS"

For the 16th consecutive year, the City of Rochester offers its **award-winning "Flower City Looking Good Program."** The initiative celebrates the rich horticultural heritage of the Rochester area. It also encourages residents to enjoy the healthy benefits of the outdoors, while beautifying neighborhoods, through over 45 gardening and environmental activities.

Preferred Care, Wegmans and the **Democrat and Chronicle** serve as the corporate sponsors along with other community partners and thousands of volunteers who make this program so expansive. The program also celebrates the natural and historic beauty of the Rochester area, while engaging residents in caring for their own community with opportunities to learn about nature, meet fellow gardeners, beautify Rochester and create new friendships. Information regarding the entire program, as well as an application form to enter the City's garden contest, may be found at www.democratandchronicle.com/ads/flowercity or call **585-428-6770** to request a detailed brochure. News releases are found on www.cityofrochester.gov.

CITY-SPONSORED TUESDAY NATURE NIGHTS CONTINUE

Join us from 6:15 p.m.-8 p.m. each Tuesday, through Sept. 5, on bike, on foot or in a canoe as we explore nature in our neighborhoods. Most activities **FREE**, except as noted, and suitable for all ages. No Pre-registration necessary. Walks and rides are leisurely with slight grade changes, mostly on paths or sidewalks. Helmets required for bike rides. 428-6770. **Due to very changeable summer weather, any cancellations due to weather will be made on site at start time.**

TUESDAY NATURE NIGHTS—"GUIDED BIKE RIDES"

Six leisurely bike rides (level terrain, under 10 miles) will focus on Rochester's outstanding trail system and the Genesee River and Erie Canal. Rides will leave from various departure points from a different neighborhood each week. Approximately one hour, beginning at 6:15 p.m. Helmets required. No registration. 428-6770.

July 25—Guided Bike Ride, Charlotte Neighborhood

Meet at the Turning Point Park parking lot, dead-end of Boxart St. at the river. Ride will go along the Genesee Riverway Trail and into Turning Point Park.

(EDITORS NOTE THE CHANGES TO BIKE RIDES ON AUG. 8 AND AUG. 22)

Aug. 8— Guided Bike Ride, Explore the South River Loop.

Meet at the Genesee Valley Park Pool parking lot and ride the riverway to Corn Hill. Includes a stop for coffee at Corn Hill Landing and a presentation about the exciting projects underway along the river.

Aug. 22—Guided Bike Ride, Meet at the boat launch lot and explore historic Charlotte, the Port of Rochester and Beach Ave. Includes a climb up the 1822 Lighthouse Tower.

Sept. 5— Guided Bike Ride, Waterways Ride.

Meet at the Genesee Valley Park pool parking lot, bike on the Erie Canal Trail.

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ADDITIONAL BIKE RIDES:

Rochester Bicycling Club Bike Rides

Weekly from May to October, these rides, led by members of the Rochester Bicycling Club, are longer (9 to 23 miles), utilize streets and are designed for riders who want to develop their riding skills. Helmets required and riders under 18 must be accompanied by an adult on the ride. Call 1-888-857-8198 or visit the web site: www.rochesterbicyclingclub.org. **Please call the Rochester Bicycling Club directly for upcoming rides.**

TUESDAY NATURE NIGHTS—"TREES IN OUR NEIGHBORHOODS" WALKS

Join us for a leisurely stroll through some of the City's most fascinating neighborhoods.

July 18—"Trees in Our Neighborhoods" Walk, University of Rochester Arboretum. Park on Wilson Blvd. Meet on the steps of the Rush Rhees Library.

Aug. 1—"Trees in Our Neighborhoods" Walk, East Ave. Neighborhood. Meet at the corner of East Ave. and Meigs St.

Aug. 29—"Trees in Our Neighborhoods" Walk, Seth Green Drive & Switchback Trail. Features river views of Seth Green Island, the Veteran's Bridge and two waterfalls. Meet at the parking lot of Seth Green Drive, just west of the corner of Norton St. and St. Paul Blvd.

TUESDAY NATURE NIGHTS—GUIDED OUTRIGGER CANOE PADDLE

Genesee Valley Park, Genesee Waterways Center, 200 Elmwood Ave., is dedicated to bringing people to the water! Canoe, kayak and outrigger canoe rentals are available for individual use; and organized tours and water safety classes are offered for those with less experience. 328-3960 or visit www.geneseewaterways.org. Enjoy these Hawaiian-style outrigger canoes that offer safe and stable paddling for less experienced paddlers. **Events are held 6:15 p.m. -7:45 p.m.**

July 25-Guided Outrigger Canoe Paddle, Genesee Valley Park, Waterways Center, 149 Elmwood Dr. "Skyline Tour," from Genesee Valley Park to the South Wedge Neighborhood features a breathtaking view of the city. \$15.00 per person. Pre-register from 6/1/06 to 7/15/06

Aug. 15-Guided Outrigger Canoe Paddle, Genesee Valley Park, Waterways Center, 149 Elmwood Dr. "Skyline Tour," from Genesee Valley Park to the South Wedge Neighborhood features a breathtaking view of the city. \$15.00 per person. Pre-register: 6/1/06-7/15/06

Additional Upcoming Flower City Looking Good Program events include:

ROSE WORKSHOPS 10 a.m.–12 noon, Sat., July 28, and Oct. 7. The City's rosarian and members of the Greater Rochester Rose Society will give expert advice on roses and answer questions. Meet by the fountain at the Maplewood Rose Garden, corner of Lake Ave. and Driving Park. Free admission, no prior registration, held rain or shine. **July 28:** "Insects and Fungal Diseases in the Rose Garden" **Oct. 7:** "Winterizing Your Roses" **428-6770**

NATIONAL "MAKE A DIFFERENCE DAY" VOLUNTEER ACTIVITY

Rochester Blossoms! Bulb Planting 9 a.m.-1 p.m., Sat., Oct. 14

Thousands of tulip and daffodil bulbs are planted throughout the city during this volunteer event held in conjunction with National Make a Difference Day. Register by Oct. 11. Call 428-6770 or fax 428-6021.

FLOWER CITY GARDEN CONTEST 2006

Over the past 16 years, the contest has recognized the efforts of over 300 dedicated city gardeners. Any gardener may enter his/her garden or nominate a garden worthy of recognition. Prizes categories are: Single Family Residential, Multi-Family Residential, Commercial, Neighborhood Enhancement and Not-for-Profit. Entry Forms are located @ www.democratandchronicle.com/ads/flowercity, at Monroe County libraries or by calling 428-6770. Enter by July 31.

COMMUNITY GARDENS—VOLUNTEER ACTIVITY

A healthy activity for both mind and body, Community Gardens provide a rewarding way to help the community, and to enjoy new friends and an invigorating activity. Volunteer at one of the city's amazing community gardens. 428-6770

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NEW SUMMER WATER SPORTS PROGRAMS

The Genesee Waterways Center, a non-profit water sports center located on the Genesee River at 149 Elmwood Ave., is offering two new programs at its popular facility this summer. "Our hope is to attract more people and bring a greater diversity to the participation of these sports and share in the enjoyment they bring," says Dennis Money, director of Genesee Waterways Center.

In collaboration with the City's Bureau of Recreation and a grant from the office of Senator Joseph Robach, the Waterways Center will offer three remaining sessions of a **Basic Learn-to-Kayak Course** for city residents, age 10 to adult, at Genesee Valley Park Pool, 131 Elmwood Ave. Classes will be held on Wed., 6 - 8 p.m., July 12 - Aug. 30, for \$5 per two-lesson course: July 26 & Aug. 2; Aug. 9 & 16; Aug. 23 & 30.

The pool kayaking course presents a strong foundation of basic flat-water kayaking skills and safety. In the **Learn-to-Kayak** program, participants will learn the basics of getting in and out of a kayak, correct paddle handling, turns and wet exits. All kayaks, helmets, paddles and life jackets are provided. Participants must be able to swim 25 yards and will enroll in two lessons in a row to complete a session.

Participants who wish to do so, may continue working on their whitewater skills at the Lock 32 Whitewater Park, 2797 Clover St., Pittsford, with the possibility of transportation being provided.

Another program, funded by a grant from Rochester Gas and Electric Corp. and the Genesee Waterways Center, as well as the Kenneth and Lucille Williams Foundation, assembles an adult rowing team comprised of African-American and Hispanic members. "These team members, Rochester professionals from area corporations, serve as role models for both youth and other adults," says Greg Rice, team captain. The Waterways Center assembled the team, which practices, 6 - 8 p.m., every Mon. and Thu. "We are still looking for participants throughout Monroe County to become alternates, or possibly to form a second team," says Money. The team will participate in a Corporate Challenge during the Oct. 8 "Head of the Genesee Regatta."

More information is available at: www.geneseewaterways.org, by calling the Genesee Waterways Center office at 585-328-3960 or by e-mail: geneseewaterways@gmail.com.

**FREE SUMMER FOOD PROGRAM FOR CHILDREN AVAILABLE AT OVER 60 SITES
(A COMPLETE LIST OF SITES IS AVAILABLE ON THE CITY'S WEB SITE: WWW.CITYOFROCHESTER.COM
UNDER NEWS RELEASES)**

Free breakfasts and lunches will be available to those age 18 years and under through the City's Summer Food Service Program for children, funded by the U.S. Department of Agriculture. Lunches will be served Mon. - Fri., beginning, June 26 - Sept. 1, at approximately 60 sites, of which about 40 also serve breakfast. Sites include community agencies, selected schools, churches and recreation centers.

Meals can be enjoyed at each site listed during the scheduled serving time, which varies from site to site. Breakfasts usually begin between 8 a.m. and 9 a.m., and last for about an hour. Lunches begin between 11 a.m. and 1 p.m. and last for about an hour.

Acceptance and participation requirements for the program and all activities are the same for all, regardless of race, color, national origin, gender, or disability, and there will be no discrimination in the course of the meal service. Any person who believes that he/she has been discriminated against in any USDA-related activity should write or call immediately to USDA, Director, Office of Civil Rights, Room 326-W. Whitten Building, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, (202) 720-5964 (voice or TDD).

For more details, call 428-7872 or the YWCA of Rochester and Monroe County Nutrition Outreach Project at 325-1440.

2006 Summer

City of Rochester Recreation Sites

FREE swimming, music, arts & crafts, sports, dance, cultural events, educational programs & more! Call the individual center for specific programs and hours or the Division of Recreation, 428-6755, for general information. **Most sites will open for summer programming on June 26 and close on either Aug. 18 or Sept. 2 . All sites closed Tuesday, July 4. Saturday sites closed July 22 for Main Game. Genesee Valley Pool will remain open on these days.**

Adams St. Community Center * #

85 Adams Street 428-7266
Pool: 428-7456

Avenue D Community Center *#

200 Avenue D 428-7934

Benjamin Franklin High School Pool *

950 Norton Street (Use Back Entrance) 428-7888

Campbell St. Community Center #

524 Campbell Street 428-7860

Carter St. Community Center #

500 Carter Street 428-7890

Charlotte High School Pool

4115 Lake Avenue (Use Atwell Street entrance)

Clinton-Baden Community Cntr *

458 North Clinton Avenue
325-4910
(Cooperative Program)

Danforth Community Center

200 West Avenue 428-6746
(Adult Programs Only)

Ebenezer Baptist Church

Recreation Program
(St. Monica's Relocation)
174 Thurston Road 428-7001

Edgerton Community Center * #

41 Backus Street 428-6769

Edison Tech Sports Camp + (Advanced Registration Required/ Fee Based)

655 Colfax Street 428-7371

Field Street Recreation Center

194 Field Street 428-7362

Flint St. Community Center * #

271 Flint Street 428-7001

Frederick Douglass Preparatory School Pool

940 Fernwood Park 428-7888

Gardiner Recreation Center

75 Grover Street 428-7827

Genesee Valley Park Sports Complex * #

131 Elmwood Avenue 428-7888
(6/19 - 9/8)

Humboldt Recreation Center

1045 Atlantic Avenue 428-7294

John Marshall High School Pool *

180 Ridgeway Avenue 428-6755

James Monroe High School Pool *

164 Alexander Street 428-6755
(Use Pearl Street Entrance)

LaGrange Recreation Center

455 LaGrange Avenue 428-7639

Lake Riley (Cobbs Hill) Recreation Center

100 Norris Avenue 428-6909

North Street Community Center * #

700 North Street 428-7149

Norton Village Recreation Center *

350 Waring Road 428-7830

Roger Robach Community Center Arts Camp +

(Advanced Registration Required/
Fee Based)

Charlotte Beach 428-7371

South Ave. Community Center * #

999 South Avenue 428-6015

Southwest Community Center/ James Madison Pool *

200 Genesee Street 436-8201
(Cooperative Program, use SWAN entrance)

Webster Ave. Community Cntr * #

530 Webster Avenue 428-7828

#17 School Recreation Center

158 Orchard Street 428-7248

#25 School Recreation Program

(#6 Relocation)
965 N. Goodman Street 428-7149

#41 School Recreation Program

(#7 School Relocation)
279 W. Ridge Road 428-6769

#42 School Recreation Center

3330 Lake Avenue 428-7829

#43 School

1305 Lyell Avenue 428-7212

#46 School Recreation Center

250 Newcastle Road 428-7971/
428-7888

***Swimming Available**

Open Saturdays

+ Summer Camps

**For additional information on
recreation programs, see the
City's WEB site at :**

www.cityofrochester.gov